DOCUMENT RESUME

ED 169 930 IR 007 217

AUTHOR	Phinney, Joanna; And Others
TITLE	Two to Get Ready. Preparing for Parenthood: Two Heads are Better Than One. Student Guide--Footsteps. Report Number 4.
INSTITUTION	Applied Management Sciences, Inc., Silver Spring, Md.; Educational Film Center, Springfield, Va.; Maryland Univ., College Park. Inst. for Child Study.
SPONS AGENCY	Bureau of School Systems (DHEW/OE), Washington, D.C.
PUB DATE	79
NOTE	17p.; For related documents, see IR 007 212-233 and IR 007 396; Best copy available
AVAILABLE FROM	University Park Press, 233 East Redwood Street, Baltimore, Maryland 21202 (Student Guide Kit, one of each program, 1-20, $5.95 per kit); Reference Section, National Audiovisual Center, General Services Administration, Washington, D.C. 20409 (Films and tapes only)
EDRS PRICE	MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	*Birth; Child Development; *Child Rearing; Early Childhood; *Educational Television; *Family Life Education; *Parenthood Education; *Psychological Needs; Psychological Patterns

ABSTRACT

This student guide for a program focusing on the psychological preparation of prospective parents for parenthood is designed around a magazine format to allow maximum flexibility to different groups using the materials. The guide is divided into seven sections: (1) an overview of the theme and contents; (2) a summary of the major learnings of the theme; (3) feature articles containing the major content and including practical suggestions for parents and future parents; (4) a film review section which includes a synopsis of the accompanying film program and a related discussion question; (5) three activities aimed at both individual and group participation; (6) a selection of field activities, discussion questions, and research topics designed to reinforce the ideas presented in the articles and meet the needs of a wide variety of classroom groups; and (7) a bibliography for further reading on the theme. (Author/JEG)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED169930

PREPARING FOR PARENTHOOD:

TWO HEADS ARE BETTER THAN ONE

U.S. DEPARTMENT OF HEALTH
EDUCATION & WELFARE
NATIONAL INSTITUTE OF
EDUCATION

Two To Get Ready

Student Guide

MICROFICHE ONLY

Anne Rouse

footsteps

IR007217

A world to be born under your footsteps...
St.-John Perse

FROM THE EDITORS

In one sense, both parents are pregnant. The woman bears the child, of course, but both parents bear new feelings. The birth of a baby is also the birth of a parent — the start of a new way of life and the beginning of new responsibilities.

This booklet is about the ways parents prepare for parenthood. It focuses on their psychological preparation. You will learn that this preparation begins when you are born and intensifies when you are expecting a baby. We hope it will help you think about the reasons for having a baby as well as the decision about when to have it. You'll learn about many emotions parents have during pregnancy. You'll also find out ways to resolve these feelings and prepare for the birth of the child and the role of a parent.

CONTENTS

The Big Idea	2
Before the Fact	3
Mixed Feelings	5
A Time of Change	7
Film Review Section	10
Activity Pages	11
Grab Bag	13
Book Browsing	14

THE BIG IDEAS

Preparation for parenthood means getting ready, both physically and psychologically, for the birth of a child.

This preparation starts when we are children and intensifies when we are about to have children of our own.

It's natural for expectant parents to have mixed feelings before the child is born.

The whole family benefits when parents share feelings, obtain birth and baby care information, and make decisions before the baby is born.

Birth is not one act.
It is a process.
— *Erich Fromm*

BEFORE THE FACT

You may gasp at the thought of having a baby of your own: Me, a parent? What do I know about being a parent?

Actually, more than you suspect.

Preparation for parenthood starts long before you even begin to think of having children of your own. The process began when you were a child. That's when you started to form attitudes toward children and parents. Your first ideas about what it's like to be a father or mother probably came from watching your own parents. The way you feel toward children today may stem from your parents' attitudes as well as your own experiences caring for younger brothers, sisters or neighborhood children.

And that's just half of the preparation. For better or worse, you have been caring for your body in ways that will affect both the health of your baby and your ability to cope with the physical demands of caring for a tiny child.

TO HAVE OR HAVE NOT

Now that you have reached child-bearing age, you may have already started to think about having children — when to have them, or whether to have them at all. This is the first decision you face in preparing for parenthood.

A group of friends share their decisions in the scene below.

Time: 7:30 PM
Scene: Class reunion dinner
Place: Fertile Valley High School

Yvonne: *"Carla, you mean you've got a baby? Wow, you must be kidding!"*

Carla: *"Nope, it's for real. More than real. You know, our class reunion is the event of the month for me! I never get out and see anybody anymore. Sometimes I am so tired from feeding the baby at night, I don't even have the energy to go to the store!"*

Charlie: *"Yeah, it's tough at first. But soon you begin to enjoy yourselves and your baby more and more. I take Kevin to all the games. And we sit up there in the bleachers. Eating popcorn. Hot dogs. All that good stuff."*

Paul: *"It sounds OK, man. And maybe someday I'll have one of my own. But not now. I've got things to do and places to go before I settle down. And it takes money to do that. I can't be buying diapers and bigwheels now. I want my freedom. I'm going to go where I want and when I want."*

Yvonne: *"Sounds like you're not going to have any ties for a while — to a woman or a baby. You sound just like my husband when we were first married. Lots of talk about freedom. We were no more ready to have a kid then than you are now. I guess readiness is all."*

Donna: *"You're right about that. I don't even want a baby now. I'm trying to get somewhere in my career and I just don't have time to devote to a baby. Especially with my traveling. Maybe, when I'm 30 or something, I'll change my mind.*

Kadith: *"Well at least you can decide whether or not you want to have a baby. Today, with birth control we've got a choice."*

The decision about whether or when to have a baby is an important one. It's a step that changes your responsibilities, daily schedule and outlook on life.

WHY WOULD YOU HAVE A BABY?

_____ To prove you're a mature sexual man or woman?
_____ To have somebody to love and love you?
_____ To support and comfort you in old age?
_____ To experience being pregnant?
_____ To express your love for each other?
_____ To give you some purpose in life?

WHAT ARE SOME OTHER REASONS THAT PEOPLE DECIDE TO HAVE A BABY?

MIXED FEELINGS

Once the baby is on the way, most people, even those who have wanted and planned a baby, have mixed feelings. You may be:

Eager to Start a Family, But Angry About Interrupting a Career

I love kids. And I've always wanted to have a baby.
But not *now*. I just got out of school. I just began a job. I travel and I see a lot of people. I'm given a lot of responsibility. I hate to quit.

Excited About "Showing," But Depressed About Being Big and Clumsy

I didn't feel like I really had a baby inside me until now. Chip is more involved now, too, because he can feel the baby and see my belly grow.
But some days I am so tired. My back hurts. I worry about getting varicose veins. I want to get rid of this big stomach and run through the park again.

Overjoyed to Feel the Baby Move, But Afraid of Giving Birth

It's incredible to feel the baby stir inside you. I can't wait to see whether it's a boy or a girl.
But sometimes I have nightmares about giving birth. In one, the baby comes out all deformed. In the other, the labor goes on and on. I'm slipping down a hole and George is holding onto my arms and telling me to breathe.

Excited About Being a Father, But Nervous About Changing a Life Style

I keep thinking about the things the kid and I will do together — such as watching the trains go by and going to air shows.
What will it be like to have a child? Will we have any time for ourselves? Will we be able to make love when we feel like it or decide to go camping at the last minute? What about our social life? Will our friends stop dropping by? Will it be hard to find a babysitter? I hope our life doesn't change entirely.

Proud of Being a Parent, But Feeling Like a Kid

We were so excited when we found out that Barbara was pregnant. We called up our parents right away. They were really excited too. This will be their first grandchild! Then we told our friends. Telling folks was fun.
But sometimes I still can't believe we're going to have a baby and I'm going to be a father. I don't feel like I'm old enough to carry a kid around and worry about how to buy him shoes and send him to school.

These feelings are natural. And they're not surprising. For pregnancy brings drastic changes to which both parents must adjust — changes in the woman's appearance and moods, decisions to make, and new concerns such as:

"Will I be a good father?"
"Will I know what to do with the baby?"
"Will we be able to pay for all this?"

These feelings are normal, but they shock people who have been told only the joys and none of the discomforts of pregnancy. Sometimes these feelings put a strain on a couple's relationship. It may be hard to share feelings and difficult to see the other's point of view. On the other hand, it's possible for pregnancy to be a time when a couple feels closer than they've felt before.

Your experience during pregnancy depends largely on how you prepare for your child and your new way of life.

A Time of Change

When you find out that you're expecting a baby, there's a lot you can do to meet the challenges and savor the joys that pregnancy brings:

ACCEPT AND SHARE YOUR FEELINGS

Pregnancy is a time when you need support — a chance to talk through your feelings with someone who cares. This person could be: your spouse, boyfriend or girlfriend; a good friend; your parents; or a professional such as a doctor, marriage counselor, psychologist or minister.

It helps to share your feelings. Sometimes talking to another person can help you better understand your feelings as you change and adjust during the pregnancy. Sharing your feelings with the baby's other parent often prevents misunderstandings. It can draw you closer together.

LEARN ABOUT PREGNANCY, BIRTH AND PARENTHOOD

During childhood and up until the time of pregnancy, most people pick up general information about pregnancy, birth and parenthood. When two people are about to become a father and mother, however, they need more specific information on each of these subjects:

pregnancy:

Learning how the fetus grows is fascinating to most people, but particularly so to expectant fathers and mothers. Understanding what is happening to the baby and the mother's body has helped many parents relax and enjoy the pregnancy more. It has also helped them see why proper food, rest, exercise, and medical care for the mother is so important.

birth:

Today, parents are demanding more and more choice in: the method of childbirth; the environment where the baby is given birth and care; and the amount of participation that fathers and other children in the family may have in the birth experience.

You may want to inquire about your options early in the pregnancy so you can contact the appropriate medical people and birth place. Many new parents go to the hospital to become familiar with the maternity ward and the ways things happen there.

parenthood:

Learning how young children grow and develop helps expectant parents feel more confident and competent. You can: read books on child development; observe children of various ages in child care centers; babysit or talk with other parents to learn to care for your baby. It's also a good idea to stop by the nursery to see what newborns look like.

MAKE DECISIONS BEFORE THE BABY IS BORN

The months of pregnancy can be more than a time of waiting for the baby to be born. They can be a time to make important decisions about what you want your baby to experience at birth and afterwards. Here are some decisions most expectant couples face and some of the choices available to them:

Method of birth

Do you and your doctor feel the best way for you to deliver your baby is:

- "prepared" childbirth using breathing and exercises?
- partial use of sedatives and other types of drugs?
- general anesthesia?
- Caesarian section?

Preparing Older Children

Will you help the other children in your family get used to a new baby by:

- telling them the news when you tell everyone else?
- waiting until they notice and ask about the pregnancy?
- showing them books and films about human and animal births?
- involving them in preparation such as buying baby clothes?
- showing them pictures of themselves when they were babies?

Birthplace

Do you want your baby to be born at:

- a hospital delivery room?
- birthing center?
- clinic?
- home?

Community Services

Will you seek information and support through:

- childbirth classes?
- specialized support groups such as those for Caesarian section and breast feeding?
- books and films at your public library?
- other services in your community such as those listed under "Social Service Organizations" in the Yellow Pages?

Naming the Baby

Will you choose a name based on its:

- meaning?
- family, religious or cultural origin?

Feeding the Baby

Do you prefer to:

- breast feed?
- bottle feed?

Prenatal Care and Delivery

Will you and the baby be cared for by a:

- general practitioner?
- obstetrician/pediatrician?
- nurse-midwife?
- pool of doctors at a clinic?

Raising the Baby

Will you care for and raise your baby based on:

- what your parents did?
- babysitting experiences?
- observations in child care centers?
- child development books?

Caring for the Baby

Will this be done at different times during the night and day by:

- both of you?
- a relative?
- a babysitter?

Sleeping Arrangements

Based on the space in your house or apartment, will it be most comfortable for the baby to be:

- in a room of its own?
- with another child?
- in your room?

Household Chores

Once the baby comes home, will household chores be done by:

- both of you?
- older children?
- a housekeeper?
- a visiting grandparent?
- friends who volunteer help?

Going Back to Work

Does the decision about if and when the mother will go back to work depend on:

- your personal needs?
- the baby's needs?
- your financial situation?
- availability of child care?
- availability of work?

Expenses

How much can you afford to pay for:

- hospital fees?
- doctor's fees?
- baby clothing and equipment?

When you take advantage of these months to learn, think about your values, and clarify your feelings, you will find that:

Sharing your feelings helps resolve them.

Basic facts quiet your fears, teach you to care for the health of you and your baby, and reveal the wonder of creation.

Learning about parents and children helps you feel more confident and competent.

Making decisions prepares you better for the changes ahead.

You will be creating not just a child, but the kind of atmosphere and way of life you want for that child.

Two To Get Ready

Hunter and Laura Riley are expecting a baby. Both are nervous, and both are trying to get ready for the baby. Laura wants Hunter to attend childbirth class and shop for baby clothes with her. Hunter, however, wants to earn more money to cope with current and coming expenses. Except for a few brief moments, they quarrel constantly.

Laura shares her feelngs with her friend, Terri, and goes shopping for baby things with her. Hunter tells his problems to his friend Bill. Hunter finally decides to attend the childbirth class and finds it deeply moving. Later, he and Laura talk about getting ready for the baby and begin to understand that each has been getting ready for the baby in his or her own way.

IF LAURA AND HUNTER WERE BOTH PREPARING FOR THE BABY, WHY WERE THEY HAVING SUCH PROBLEMS?

ACTIVITY PAGES

activity #1
ACT IT OUT

With your classmates, put yourselves in the place of parents who are expecting a baby. Pair off into couples. Choose one of the following scenes to role play in front of the entire group.

Try to express the feelings of the expectant parents in a believable manner. Think about how you can best convey your feelings to your partner.

The job of the audience is to watch and evaluate each performance.

1. Tom and Mia are expecting a baby in 4 months. Tom is secretly a bit nervous, but outwardly appears nonchalant about the whole situation. Mia has begun to read books on childbirth and child development. She's anxious for Tom to start reading so they can talk about it together.

   But Tom says he doesn't see what all the fuss is about. He doesn't feel any need to read about the pregnancy. After all, he's not pregnant. And why should he go through all these elaborate preparations when the baby is 4 months away?

2. Casey wants Marshall to go with her to Doctor Kelset's office to get to know the doctor and become familiar with hospital procedures when the baby is born.

   Marshall doesn't see why it's important for him to go to the doctor's.

3. The question is: Who's going to help out when Jean and the baby come home from the hospital? For a number of reasons, Jean wants her mother to come and stay with them at this time.

   Boris, on the other hand, doesn't want anyone to stay and help out. He thinks that he and Jean should share the responsibilities.

4. Shawn and Laura are having an argument. Laura wants Shawn to take his turn getting up with the baby when it cries during the night. Laura has thought of many reasons to support her argument and repeats them all to Shawn.

   Shawn, however, thinks that night duty should belong to Laura. After all, he works during the day and it'll be bad enough to have his sleep disturbed. He's the one who'll be supporting the entire family for a while, after all.

5. Tina has just found that they are expecting another child — their second. Ned is really excited. They've just called their parents and he wants to tell Sharon, their 3-year-old, the big news. Tina, however, disagrees. She wants to tell Sharon when the baby is born. How could she explain it to Sharon, anyway? She'll never understand.

activity #2
THE PAST . . .

In a short paper, describe your own preparation for parenthood. What kinds of experiences have you had with children? What attitudes toward children and parenthood have you learned from your own parents and other relatives?

activity #3
. . . AND THE FUTURE

Write a short essay on your feelings about parenthood:

Do you want to have children?

Why or why not?

How many do you think you'll have?

When do you plan to have them?

What do you think parenthood will be like?

GRAB BAG

to do

1. Invite a speaker from Planned Parenthood to your classroom to talk about family planning as an important part of preparation for parenthood.
2. Visit a childbirth preparation class and report on your visit to the rest of the class.
3. Visit a hospital maternity ward. Ask about childbirth and pre- and post-delivery procedures. See if it's possible to see a labor, delivery, or recovery room. Find out what arrangements they have for mothers and babies for the rest of their stay.
4. Babysit for one or more young children. Before babysitting, make a list of at least five things you need to know about caring for the children in order to be an effective babysitter. Ask the parent these questions before you babysit. Afterwards, share your babysitting experience, your questions and the parent's response with your classmates.

to discuss

1. What are some of the most important changes a couple will face when their first child is born? When their second child is born?
2. Set up a classroom debate on the topic "Fathers need to prepare for childbirth."
3. What are some ways a baby might be affected if parents are not emotionally prepared for the changes the baby will bring?

to research

1. Different methods of childbirth and the advantages of each.
2. The advantages and disadvantages of breast feeding and bottle feeding. Why have opinions about feeding the baby changed over time?
3. The kinds of prenatal and delivery services available in your community. For instance, you might contact prenatal clinics, private obstetricians, midwife services and hospitals in your area. Find out the costs for such services as well as the range of services they provide.
4. The cost of buying clothes and equipment for your new baby. Decide which things are absolutely necessary and investigate prices for each item. Add up the total cost. Then list alternative ways you might obtain the same items at less or no cost to yourself.
5. Parents' feelings once they bring the baby home. (*What Now? A Handbook for New Parents*, by Mary Lou Rozdilsky and Barbara Banet, is a good resource for this topic.)
6. The services available in your community to assist new parents after the birth of the baby.
7. Programs to help teenage mothers stay in school.

BOOK BROWSING

Here are some books that will give you some more information on...

...growth of the baby and change in the mother during pregnancy

Prenatal Care. U.S. Department of Health, Education, and Welfare. Order from: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Available in Spanish. (booklet)

...parents' feelings during pregnancy

Our Bodies Ourselves. The Boston Women's Health Book Collective, Inc. New York: Simon and Schuster, 1971. (paperback)

Ourselves and Our Children. The Boston Women's Health Book Collective, Inc. New York: Simon and Schuster. 1978. (paperback)

Pregnancy: The Psychological Experience. Arthur and Libby Colman. New York: Bantam Books, 1971. (paperback)

Preparing for Parenthood. Lee Salk. New York: Bantam Books, 1974. (paperback)

So You're Going To Be A New Father? U.S. Department of Health, Education and Welfare. Order from: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 (paperback)

The Hassles of Being a Teenage Parent. U.S. Public Health Service. Order from: Family Planning Clearinghouse, Box 2225, Rockville, Maryland 20852

...options for childbirth

Birth: Facts and Legends. Caterine Milinaire. New York: Crown Publishers, Inc., 1974. (paperback)

Childbirth Without Fear. Grantly Dick-Read. New York: Harper and Row, 1970.

Painless Childbirth. Fernard Lemaze. New York: Pocket Books, 1972. (paperback)

...parents and baby after birth

Father Power. Henry Biller and Dennis Meredith. New York: Anchor Books, 1974. (paperback)

What Now? A Handbook for New Parents. Mary Lou Rozdilsky and Barbara Banet. New York: Charles Scribner's Sons, 1972. (paperback)

Who Cares for the Baby? Beatrice Marden Glickman and Nesha Bass Springer. New York: Schocken Books, 1978.

CREDITS

Curriculum Development

PRIMARY AUTHOR: Ioanna Phinney, Ed.M.
CONTRIBUTING AUTHORS: Sharon Barry, Ed.M.
Laura Dittmann, Ph.D.
Robert Huebner, Ph.D.

Content Development

DIRECTORS: Laura Colker, M.A.
Charles Flatter, Ed.D.
TECHNICAL CONSULTANTS: Laura Dittmann, Ph.D.
Robert Huebner, Ph.D.
John Kurtz, Ph.D.
Bonnie Tyler, Ph.D.
Martin Bloom, M.A.

Design & Illustration Sheila Humphreys

FOOTSTEPS was developed by a consortium of:

Applied Management Sciences
Silver Spring, Maryland

Educational Film Center
Springfield, Virginia

Institute for Child Study of the University of Maryland
College Park, Maryland

ACKNOWLEDGMENTS

Many people — staff, students, teachers and parents — contributed to the development of these materials. Two people in particular, however, deserve special recognition and thanks: Sharon McIntyre, for her tireless efforts field testing the materials; and June Hamming, for patiently typing — and retyping — these pages.

We also wish to gratefully acknowledge the ongoing support of the Division of Educational Technology, U.S. Office of Education, without whose assistance these materials would not be possible.

© 1979 Applied Management Sciences

Published by
University Park Press
International Publishers in Science, Medicine, and Education
233 East Redwood Street
Baltimore, Maryland 21202

Copyright is claimed until 1984. Thereafter all portions of this work covered by this copyright will be in the public domain. During the period of copyright all rights, including that of translation into other languages, reserved. Photomechanical reproduction (photocopy, microcopy) of this book or parts thereof without special permission of the publisher is prohibited.

This work was developed under a contract with the Bureau of Elementary and Secondary Education, the United States Office of Education, Department of Health, Education and Welfare. However, the content does not necessarily reflect the position or policy of that Agency, and no official endorsement of these materials should be inferred.